

5 A Day Recipes

Side Dishes

Cabbage Comfort

4 Servings

Cabbage is inexpensive, keeps well, and is rich in vitamin C and fiber, both of which reduce the risk of certain types of cancer. Not only that... it's a great comfort food.

- 1 onion, sliced
- 1 teaspoon olive oil
- 1 pound sliced cabbage
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon caraway seeds

In large sauté pan, heat oil. Sauté onion until light brown, about 5-6 minutes. Add sliced cabbage, salt, black pepper and caraway seeds. Stir and cook for 30 minutes.

This is an official 5 a Day recipe, and provides four people with two servings of vegetables each.

Nutritional Analysis

Calories: 51
Fat: 2 g
Cholesterol: 0 mg
Fiber: 3 g
Sodium: 167 mg